



**How are things
at the moment?**



**Well, I've been
meaning to ask
you about ...**



A SMALL CHAT CAN LEAD TO A BIG CHANGE

**A quick chat with us about what is going on
in your life can be all it takes to make a big
difference to your health and wellbeing.**

Have a confidential chat today or visit:

healthierlsc.co.uk/MakingEveryContactCount



**Healthier
Lancashire &
South Cumbria**